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### 2011 Snapshot of New Hampshire's public health regions, counties, and the cities of Manchester and Nashua

New Hampshire Department of Health and Human Services, Division of Public Health Services

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# 2011

## Snapshot of New Hampshire's Public Health Regions, Counties, and the Cities of Manchester and Nashua



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# 2011

## Snapshot of New Hampshire's Public Health Regions, Counties, and the Cities of Manchester and Nashua



New Hampshire Department of Health and Human Services  
Division of Public Health Services

John H. Lynch, Governor

Nicholas Toumpas, Commissioner, Department of Health and Human Services

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NH DIVISION OF  
Public Health Services

*Improving health, preventing disease, reducing costs for all*

Dear Colleagues:

I am proud to share with you the 2011 *Snapshot of New Hampshire's Public Health Regions, Counties, and the Cities of Manchester and Nashua*, a companion document to the New Hampshire State Health Profile 2011. I trust you will find the information in this report useful in your work to improve the public's health in your community.

New Hampshire is fortunate to consistently be a leader on measures of health and wellbeing when compared with other states. Researchers have rated New Hampshire the most livable state based on income, jobs, crime, and health measures, fifth in the nation for having a strong health system, the third healthiest state overall, and the healthiest state for children.

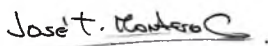
Beyond the headlines that accompany the publication of these data, it is our responsibility to maintain the efforts that have allowed us to achieve these results, and to understand that they are the outcome of the interaction of several different factors that come together as our public health system. We should be proud of our achievements, but not blind to the fact that there is need for improvement, especially for people whose circumstances have made them vulnerable to poor health.

We need to remember that public health has been the driver of improvements in the length and quality of life in the US over the last century. We moved from 49 years of life expectancy in the early 1900s to approximately 80 years today. These changes are due mostly to a decrease in infant mortality and the impact of infectious diseases related to improvements in sanitation and the use of vaccines. These and other public health efforts are not always evident to the general public; they are often in the background. But safe water, good air quality, food safety and proper living conditions are still valuable today and important public health achievements.

Today our way of life in New Hampshire, and in the US, presents new challenges, with emerging preventable illness becoming increasingly important. Even though we are living longer, some people in New Hampshire are still not living up to their full potential and are dying early from preventable causes, often following years of painful and costly disease and disability. We reported in the state health profile how diabetes, heart disease, and other chronic conditions clearly linked to tobacco use, poor nutrition, and inadequate levels of physical activity continue to cause long-term illness and disability. In younger populations, injuries remain the leading cause of death.

The solutions to these problems start long before we need medical care. The opportunities to better health begin where we live, learn, work, and play. I invite you to join me in seizing those opportunities that ensure everyone in New Hampshire and in your community has the right choices to lead a healthy life.

Sincerely,



José T. Montero

Director, Division of Public Health Services,  
NH Department of Health and Human Services

## Preface

Scientists have found that the conditions in which we live, work, and play have an enormous impact on our health. This knowledge is reflected in what is called the social determinants of health model.

Who our parents are, the conditions of our homes and neighborhoods, how far we proceed in school, what jobs we pursue, how much money we make, what we eat, whether we exercise or not, if we smoke or drink, and if we have access to health care and more all contribute to our overall health. For example, individuals with less than a high school education, making less than \$25,000 a year, or living in the North Country or the Lakes Region are more likely to be smokers than are those making more money, with higher education, or living elsewhere in New Hampshire.

The indicators in the state health profile were presented using an adaptation of the County Health Rankings approach as shown below.<sup>1</sup> The indicators were selected and organized to reflect the social determinants of health model.

**Health Factors** – Greatly influence health outcomes and for the purpose of this report are comprised of several broad encompassing categories including;

- **Socioeconomics/Demographics** – Income, education, employment, race, ethnicity, and others
- **Health Behaviors** – Seatbelt use, smoking, diet and exercise, and others
- **Access to Care** – Access to health care, preventive screenings, immunizations, and others
- **Community and Environment** – Air quality, work-related injuries, lead poisonings, and others

**Health Outcomes** – Describe the current health of a state, city, or region – such as heart disease, motor vehicle deaths, and premature death.

Not all indicators presented in the state health profile were readily available by the regions, counties or cities and thus have been omitted from this report.

Improving the health of the people of New Hampshire calls for collaboration among a broad array of public health systems partners and the medical community. The Affordable Care Act provides, beyond insurance mandates, unprecedented opportunities for health prevention and promotion for individuals, worksites, and communities.<sup>2</sup> But just as the social determinant model describes and presents data on how where we live, work, and grow influences our health, the strategies we employ to improve our health must intervene at all levels as well.

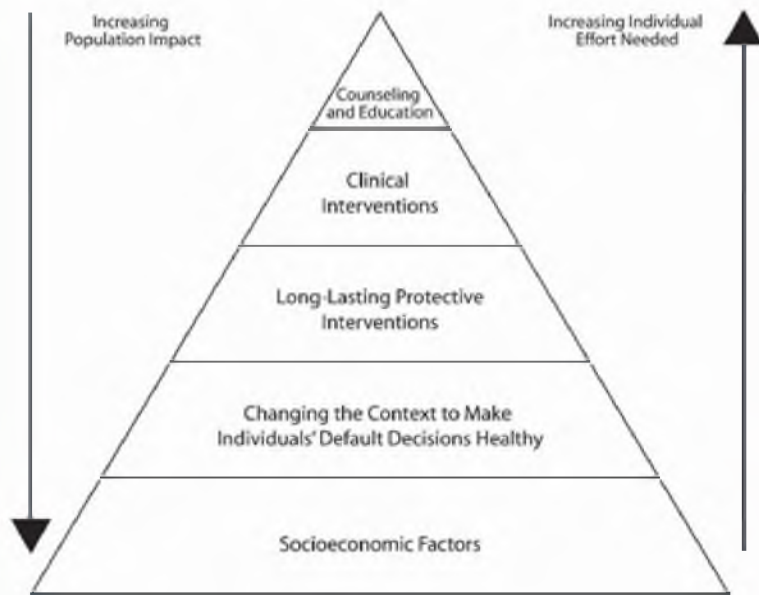
In his “Framework for Public Health Action,” Dr. Thomas Frieden, Director of the Centers for Disease Control, presents the concept of the “Health Impact Pyramid” (see Figure 1).<sup>3</sup> This approach shows that the greatest impact on the population’s health occurs when the socioeconomic factors at the bottom of the pyramid (Tier 1) are positively changed and the least impact occurs at the top from clinical interventions (Tier 4) and individual counseling and education (Tier 5). The top tiers of the pyramid, while extremely important, affect one person at a time and are subject to compliance and repeated actions on the part of the individual. Making changes in a population’s income, education, and living environment is challenging.

1. University of Wisconsin Population Health Institute. County Health Rankings 2010

2. Promoting Prevention through the Affordable Care Act, Koh, HK, Sebelius, KG, New England Journal of Medicine, September 7, 2010.

3. A Framework for Public Health Action: the Health Impact Pyramid, Frieden, TR, American Journal of Public Health, April 2010, Vol. 100, No. 4.





**FIGURE 1—The health impact pyramid.**

The second tier of the pyramid describes changing the context to make an individual's default decisions healthy or making the healthy choice the easy choice. Examples of this would be fluoridated water and healthy snacks in vending machines. These interventions require little or no effort on the part of the individual to make a healthy choice. The middle tier, long-lasting protective interventions, refers to one-time or infrequent interventions that afford long-term protection or prevention such as immunizations and dental sealants.

The Health Impact Pyramid provides a sound model for planning across public and private sectors at the state and community levels to improve performance on our public health priorities.

Our aim with this report, the *2011 Snapshot of New Hampshire's Public Health Regions, Counties, and the Cities of Manchester and Nashua* is to provide a profile of the regions to set priorities to improve health status. These profiles highlight 30 indicators selected to best describe the health of the people in your communities. The data can be used to assist community leaders to focus their work to improve the public's health at a local level.

By using a "thumbs up" or "thumbs down", the profiles indicate when each geographic area differs significantly from the state average. Regions can celebrate and reflect upon areas in which they excel. Indicators flagged by a thumbs down are areas upon which the region may want to focus improvement efforts. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in the profiles. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans.

**Key health factors** identified in the state health report as requiring further attention are:

1. Obesity among adults and children and behaviors that may lead to it, such as lack of fruit and vegetable consumption
2. Smoking among adults and high school students
3. Alcohol and illicit drug use (including abuse of prescription drugs)
4. Seat belt and bike helmet use

*The key health outcomes* that are identified as targets for future efforts are:

1. Late diagnosis of breast and colorectal cancer
2. Asthma
3. Unintentional injuries
4. Youth suicide

This report does not provide any discussion or analysis related to the indicator. The reader can refer back to the *New Hampshire State Health Profile 2011* for this detail.

It is anticipated that these profiles provide a data framework to be used among public health partners to plan and implement a public health agenda for New Hampshire communities. Such an agenda can manifest in several ways, one being the development of a community health improvement plan, that takes into consideration community strengths and needs, that builds on undeniable successes and corrects deficiencies, and that focuses on increasing the availability of opportunities to be healthy and make the right health decisions (and looks not only at negative outcomes). It's time we think about health to include how to keep it and not just how to get it back.

### **Notes to the Reader**

All data in this report, unless indicated otherwise, were collected or compiled by the New Hampshire Department of Health and Human Services (DHHS), Division of Public Health Services (DPHS), Bureau of Public Health Statistics and Informatics (BPHSI), Health Statistics and Data Management Section (HSDM).

Some commonly used terms in this profile are explained below:

“Incidence” of a health condition refers to the number of new cases revealed or diagnosed during a specified time period. “Prevalence” refers to the number of cases existing at a specific time. “Mortality” refers to a health event resulting in death. Incidence, prevalence, and mortality are presented as rates: the number of events per 1,000, 10,000, or 100,000 population.

Many of the rates presented are “age-adjusted,” that is, the given rates are those that would occur if the population of New Hampshire had the same age distribution as that of the estimated population of United States in 2000, as published by the National Center for Health Statistics. Age adjustment allows comparison between populations with different age distributions.<sup>4</sup>

### **Acknowledgments**

Overall responsibility for planning and coordinating the 2011 *New Hampshire State Health Profile* from which the profiles were developed rested with the Bureau of Public Health Statistics and Informatics (BPHSI) under the direction of Brook Dupee and Karla Armenti. Strategic direction was provided by José Montero, Joan Ascheim, and Sharon Alroy-Preis. The regional health profiles were prepared by Michael Laviolette, Susan Knight, JoAnne Miles, Sai Cherala, and Tina Piaseczny.

Creative design was executed by Buffi Dudley, of the Community Health Institute/JSI.



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4. Klein RJ, Schoenborn CA. Age Adjustment Using the Projected U.S. Population. Healthy People Statistical Notes no. 20. Hyattsville, MD. National Center for Health Statistics. 2001. <http://www.cdc.gov/nchs/data/statnt/statnt20.pdf>. Accessed February 3, 2012.




# Capital Area Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	15.6	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	27.6	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.2	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	38.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	55.0	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.3	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.7	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	17.3	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	64.3	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	10.6	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	10.0	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	92.0	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	77.9	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	816.8	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	610.6	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.50	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	58.5	56.7	
Low birthweight per 1,000 births (2007)	5.0	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	82.3	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	3.8	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	499.9	499.8	

# Capital Area Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	184.6	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	83.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	61.1	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	89.9	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.1	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	25.0	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	80.1	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	9.0	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	105.9	110.2	

**Capital Area Public Health Region:** Allenstown, Barnstead, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Deering, Dunbarton, Epsom, Henniker, Hillsborough, Hopkinton, Loudon, Northwood, Pembroke, Pittsfield, Warner, Washington, Weare, Webster, Windsor

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide




### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Carroll County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	20.6	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	27.0	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	23.9	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	35.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	57.9	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	7.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.5	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	21	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	61.9	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	17.5	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	16.3	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	81.8	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	76.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	714.8	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 10,000 population (2003–2007)	600.2	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.47	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	71.8	56.7	
Low birthweight per 1,000 births (2007)	4.3	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	80.3	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.4	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	516.9	499.8	

# Carroll County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	185.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	78.9	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	56.8	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.5	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	9.2	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	35.0	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	79.6	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.6	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	151.7	110.2	

**Carroll County Public Health Region:** Albany, Bartlett, Brookfield, Chatham, Conway, Eaton, Effingham, Freedom, Hale's Location, Hart's Location, Jackson, Madison, Ossipee, Tamworth, Tuftonboro, Wakefield, Wolfeboro

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide







### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.





# Franklin-Bristol Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	21.9	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	25.7	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	23.9	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	35.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.5	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.2	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	11.5	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	30.2	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	56.9	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	14.6	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	15.5	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	88.5	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	70.9	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	871.2	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	696.9	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.36	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	69.5	56.7	
Low birthweight per 1,000 births (2007)	9.1	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	81.8	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	6.4	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	485.8	499.8	

# Franklin-Bristol Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	209.4	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	77.7	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	47.9	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	90.9	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	28.5	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	72.4	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.3	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	154.4	110.2	

**Franklin/Bristol Public Health Region:** Alexandria, Andover, Bridgewater, Bristol, Danbury, Franklin, Groton, Hebron, Hill, New Hampton, Northfield, Salisbury, Sanbornton, Tilton

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:

1. Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
2. CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.






# Greater Derry Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	13.8	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	25.4	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	28.3	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	40.7	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.2	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.8	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	16.3	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	10.3	18.4	👍
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	71.7	65.6	👍
No health insurance, percent of adults (2008–2009) <sup>1</sup>	5.5	10.8	👍
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	7.3	10.9	👍
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	95.3	88.9	👍
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	75.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	656.2	697.3	👍
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	615.8	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.07	0.78	👍
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	48.4	56.7	👍
Low birthweight per 1,000 births (2007)	5.5	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	48.6	68.3	👍
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.4	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	541.9	499.8	👎

# Greater Derry Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	204.6	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	84.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	62.2	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	84.7	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.4	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	25.6	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	86.9	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.5	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	101.0	110.2	

**Greater Derry Public Health Region:** Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Salem, Sandown, Windham

### Focus on Health Priorities

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There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide




### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Greater Exeter Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	17.0	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	33.0	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	25.4	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	39.2	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	50.9	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	8.2	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	17.6	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	12.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	66.1	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	10.8	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	9.5	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	90.3	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	74.3	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	597.2	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	601.5	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.30	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	55.1	56.7	
Low birthweight per 1,000 births (2007)	6.4	6.4	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	61.8	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.2	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	513.0	499.8	

# Greater Exeter Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	185.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	81.4	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	61.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	89.5	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.1	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	29.3	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	81.2	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.5	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	111.3	110.2	

**Greater Exeter Public Health Region:** Brentwood, East Kingston, Epping, Exeter, Fremont, Hampton, Hampton Falls, Kensington, Kingston, Newfields, Newmarket, Newton, Nottingham, Raymond, Seabrook, South Hampton, Stratham

### Focus on Health Priorities

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide







### Data References:

1. Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
2. CDC, National Program of Cancer Registries, <http://apps.nccdc.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Greater Manchester Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	16.5	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	28.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	26.8	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	35.6	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	49.7	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.2	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	17.3	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	24.6	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	64.0	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.5	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	11.1	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	88.3	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	76.8	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	779.8	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	668.7	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.28	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	59.3	56.7	
Low birthweight per 1,000 births (2007)	6.5	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	80.5	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.8	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	491.4	499.8	

# Greater Manchester Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	181.5	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	84.0	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	63.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.9	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.9	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	29.2	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	85.5	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	12.0	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	99.9	110.2	

**Greater Manchester Public Health Region:** Auburn, Bedford, Candia, Deerfield, Goffstown, Hooksett, Manchester, New Boston

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:






- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.












# Greater Monadnock Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<i>Health Behaviors</i>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	17.4	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	27.4	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.0	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	33.9	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	56.7	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	16.2	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	16.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	65.5	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.1	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	13.4	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	87.9	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	74.9	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	604.9	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	539.5	605.4	
<i>Community and Environment</i>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.68	0.78	
<i>Health Outcomes</i>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	54.8	56.7	
Low birthweight per 1,000 births (2007)	5.2	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	58.0	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	7.1	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	466.3	499.8	

# Greater Monadnock Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	172.5	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	74.8	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	54.7	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	81.0	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	28.3	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	80.9	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.1	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	94.5	110.2	

**Greater Monadnock Public Health Region:** Alstead, Antrim, Bennington, Chesterfield, Dublin, Fitzwilliam, Francestown, Gilsum, Greenfield, Greenville, Hancock, Harrisville, Hinsdale, Jaffrey, Keene, Marlborough, Marlow, Nelson, New Ipswich, Peterborough, Richmond, Rindge, Roxbury, Sharon, Stoddard, Sullivan, Surry, Swanzey, Temple, Troy, Walpole, Westmoreland, Winchester

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide



### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Greater Nashua Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	14.5	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	24.6	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	23.8	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	36.5	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	50.9	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	7.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	17.8	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	17.3	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	66.5	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	7.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	8.2	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	90.0	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	73.9	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	707.0	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	611.2	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.42	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	50.2	56.7	
Low birthweight per 1,000 births (2007)	7.0	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	69.4	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.1	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	499.3	499.8	

# Greater Nashua Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	188.8	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.6	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	59.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	86.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.8	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	27.5	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	82.7	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.3	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	97.8	110.2	

**Greater Nashua Public Health Region:** Amherst, Brookline, Hollis, Hudson, Litchfield, Lyndeborough, Mason, Merrimack, Milford, Mont Vernon, Nashua, Pelham, Wilton

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide






### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Greater Plymouth Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	18.2	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	26.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	24.1	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	33.6	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	65.2	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.6	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	14.9	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	9.3	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	60.9	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	18.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	17.1	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	89.7	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	77.3	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007) <sup>*</sup>	603.6	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	613.5	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	3.16	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	57.0	56.7	
Low birthweight per 1,000 births (2007)	7.8	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007) <sup>*</sup>	54.3	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	6.0	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	542.1	499.8	

## Greater Plymouth Public Health Region Profile

# KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	173.1	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	71.4	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	52.4	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	84.1	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	9.4	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	20.8	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	78.2	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.8	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	126.6	110.2	

**Greater Plymouth Public Health Region:** Ashland, Campton, Ellsworth, Holderness, Lincoln, Livermore, Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth, Woodstock

### Focus on Health Priorities

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There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:









- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.




# Greater Portsmouth Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	7.4	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	41.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	21.8	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	33.2	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	60.3	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	7.2	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	16.6	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	7.8	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	76.8	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	6.9	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	8.8	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	93.4	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	80.1	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	572.7	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	513.5	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.78	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	52.3	56.7	
Low birthweight per 1,000 births (2007)	6.4	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	70.4	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	4.9	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	531.2	499.8	

# Greater Portsmouth Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	176.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	85.6	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	56.4	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	92.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.0	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	27.3	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	88.5	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.1	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	104.6	110.2	

**Greater Portsmouth Public Health Region:** Greenland, New Castle, Newington, North Hampton, Portsmouth, Rye

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide








### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Greater Sullivan County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	16.1	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	29.8	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	26.0	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	34.3	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	53.4	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.5	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	13.8	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	35.5	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	62.3	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	16.2	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	14.5	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	85.6	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	80.5	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	657.5	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	521.8	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.82	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	69.8	56.7	
Low birthweight per 1,000 births (2007)	6.0	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	92.3	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	7.5	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	489.5	499.8	

# Greater Sullivan County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	190.3	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.4	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	54.9	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.5	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	8.4	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	28.1	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	80.0	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.9	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	129.6	110.2	

**Greater Sullivan County Public Health Region:** Acworth, Charlestown, Claremont, Croydon, Goshen, Langdon, Lempster, New London, Newbury, Newport, Springfield, Sunapee, Sutton, Unity, Wilmot

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide






### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccdc.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Laconia-Meredith Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	20.3	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	25.0	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	23.4	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	38.8	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	53.1	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	7.4	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	13.7	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	21.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	58.9	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	8.9	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	11.9	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	90.9	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	75.3	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	638.3	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	561.3	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.67	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	61.9	56.7	
Low birthweight per 1,000 births (2007)	5.4	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	83.2	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	4.3	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	481.2	499.8	

# Laconia-Meredith Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	191.7	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	83.8	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	54.2	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.7	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	9.8	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	30.2	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	80.2	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	9.4	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	153.2	110.2	

**Laconia/Meredith Public Health Region:** Alton, Belmont, Center Harbor, Gilford, Gilmanton, Laconia, Meredith, Moultonborough, Sandwich

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:









- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.






# North Country Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	20.9	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	24.1	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	29.4	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	39.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	54.6	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	17.1	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	26.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	54.2	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	19.4	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	11.8	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	79.1	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	66.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	949.5	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	810.6	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.22	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	75.9	56.7	
Low birthweight per 1,000 births (2007)	5.2	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	79.4	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	6.2	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	475.1	499.8	

# North Country Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	180.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	51.4	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	85.6	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	8.0	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	32.9	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	78.2	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.9	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	152.7	110.2	

**North Country Public Health Region:** Bath, Benton, Berlin, Bethlehem, Carroll, Clarksville, Colebrook, Columbia, Dalton, Dixville, Dummer, Easton, Errol, Franconia, Gorham, Haverhill, Jefferson, Lancaster, Landaff, Lisbon, Littleton, Lyman, Milan, Millsfield, Monroe, Northumberland, Odell, Pittsburg, Randolph, Shelburne, Stark, Stewartstown, Stratford, Sugar Hill, Wentworth's Location, Whitefield

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide






### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Strafford County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	19.1	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	28.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.9	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	36.7	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.4	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	14.9	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	19.5	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	66.8	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	13.3	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	86.4	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	71.1	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	646.0	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	664.3	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.37	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	57.5	56.7	
Low birthweight per 1,000 births (2007)	6.7	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	59.9	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.7	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	524.6	499.8	

# Strafford County Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	196.3	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	56.6	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	87.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	25.9	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	81.7	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.2	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	121.1	110.2	

**Strafford County Public Health Region:** Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide









### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.



# Upper Valley Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	11.2	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	33.2	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	18.4	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	18.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	59.7	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.3	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	10.0	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	15.2	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	76.2	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.1	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	8.9	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	83.8	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	81.6	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	498.2	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	350.6	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.58	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	42.4	56.7	
Low birthweight per 1,000 births (2007)	6.9	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	37.9	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	3.4	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	488.8	499.8	

# Upper Valley Public Health Region Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	160.6	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	80.6	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	61.6	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	84.1	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	5.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	28.4	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	78.7	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.7	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	78.6	110.2	

**Upper Valley Public Health Region:** Canaan, Cornish, Dorchester, Enfield, Grafton, Grantham, Hanover, Lebanon, Lyme, Orange, Orford, Piermont, Plainfield

### Focus on Health Priorities

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There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:







- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.




# City of Manchester Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	20.6	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	27.7	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.4	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	37.4	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	48.2	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.5	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.5	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	39.4	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	60.4	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	15.2	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	15.1	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	85.4	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	75.2	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	906.5	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	797.5	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.52	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	68.6	56.7	
Low birthweight per 1,000 births (2007)	6.8	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	110.8	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	7.1	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	496.7	499.8	

# City of Manchester Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	189.7	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	81.2	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	63.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.6	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	29.2	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	82.5	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.4	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	118.0	110.2	

### Focus on Health Priorities

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide







### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.



# City of Nashua Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	17.2	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	22.0	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	26.5	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	33.1	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	47.9	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	8.6	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	18.9	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	31.3	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	61.8	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	8.0	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	10.8	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	89.3	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	73.3	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	798.0	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	696.3	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.59	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	58.3	56.7	
Low birthweight per 1,000 births (2007)	7.9	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	103.5	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.3	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	480.5	499.8	

# City of Nashua Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	179.0	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.0	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	61.6	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	85.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	10.1	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	30.2	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	86.3	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.7	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	104.6	110.2	

### Focus on Health Priorities

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide




### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccdc.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Belknap County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	21.6	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	24.4	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.2	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	36.0	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.1	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.4	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	13.6	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	23	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	58.6	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	12.0	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	12.1	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	88.7	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	74.7	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	704.3	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	592.4	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.70	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	63.5	56.7	
Low birthweight per 1,000 births (2007)	6.0	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	81.2	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	4.0	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	507.0	499.8	

## Belknap County Health Profile

# KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	196.6	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	81.7	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	52.7	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.8	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	9.1	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	29.9	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	77.3	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.4	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	151.6	110.2	

**Belknap County:** Alton, Barnstead, Belmont, Center Harbor, Gilford, Gilmanton, Laconia, Meredith, New Hampton, Sanbornton, Tilton

### Focus on Health Priorities

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:





- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.





# Carroll County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	19.0	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	26.5	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	23.6	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	35.7	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	56.3	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.8	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	14.2	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	18.7	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	62.2	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	16.4	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	15.3	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	81.4	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	74.5	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	674.0	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	556.0	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.44	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	68.2	56.7	
Low birthweight per 1,000 births (2007)	3.9	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	75.7	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.9	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	491.9	499.8	

## Carroll County Health Profile

# KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	180.8	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.5	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	56.7	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	89.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.6	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	33.5	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	79.3	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	9.4	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	145.8	110.2	

**Carroll County:** Albany, Bartlett, Brookfield, Chatham, Conway, Eaton, Effingham, Freedom, Hale's Location, Hart's Location, Jackson, Madison, Moultonborough, Ossipee, Sandwich, Tamworth, Tuftonboro, Wakefield, Wolfeboro

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide





### Data References:

1. Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
2. CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.




# Cheshire County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	16.9	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	27.5	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	28.1	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	34.8	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	55.7	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.7	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	16.1	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	18.2	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	64.5	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.2	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	14.1	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	87.0	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	72.6	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	637.7	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	587.4	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.56	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	53.9	56.7	
Low birthweight per 1,000 births (2007)	4.9	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	61.2	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	6.9	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	476.0	499.8	

## Cheshire County Health Profile

# KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	173.1	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	72.8	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	54.6	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	78.9	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.2	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	28.0	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	78.7	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.1	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	89.1	110.2	

**Cheshire County:** Alstead, Chesterfield, Dublin, Fitzwilliam, Gilsum, Harrisville, Hinsdale, Jaffrey, Keene, Marlborough, Marlow, Nelson, Richmond, Rindge, Roxbury, Stoddard, Sullivan, Surry, Swanzey, Troy, Walpole, Westmoreland, Winchester

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide












### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.




# Coos County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	19.9	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	22.2	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	32.7	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	38.9	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.4	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.8	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.2	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	31.7	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	51.6	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	18.6	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	11.9	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	79.8	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	64.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007) <sup>*</sup>	1,079.3	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	960.8	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.81	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	82.8	56.7	
Low birthweight per 1,000 births (2007)	4.4	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007) <sup>*</sup>	92.7	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	7.0	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	484.1	499.8	

# Coos County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	181.5	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	78.7	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	49.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	85.6	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	9.3	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	35.4	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	78.6	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.7	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	161.0	110.2	

**Coos County:** Atkinson and Gilmanton Academy Grant, Beans Grant, Beans Purchase, Berlin, Cambridge, Carroll, Chandlers Purchase, Clarksville, Colebrook, Columbia, Crawfords Purchase, Cutts Grant, Dalton, Second College Grant, Dixs Grant, Dixville, Dummer, Errol, Ervings Location, Gorham, Greens Grant, Hadleys Purchase, Jefferson, Kilkenny, Lancaster, Low and Burbanks Grant, Martins Location, Milan, Millsfield, Northumberland, Odell, Pinkhams Grant, Pittsburg, Randolph, Sargents Purchase, Shelburne, Stark, Stewartstown, Stratford, Success, Thompson and Meserves Purchase, Wentworth Location, Whitefield

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:






- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.






# Grafton County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	17.7	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	30.9	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	20.9	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	37.2	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	58.2	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.8	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.6	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	15.4	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	65.5	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	14.9	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	11.6	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	84.0	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	78.8	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	590.4	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	484.3	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.43	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	52.9	56.7	
Low birthweight per 1,000 births (2007)	7.2	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	48.0	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>		5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	486.0	499.8	

# Grafton County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	170.2	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>		81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	79.0	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	84.5	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	24.4	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	76.0	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.7	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	107.7	110.2	

**Grafton County:** Alexandria, Ashland, Bath, Benton, Bethlehem, Bridgewater, Bristol, Campton, Canaan, Dorchester, Easton, Ellsworth, Enfield, Franconia, Grafton, Groton, Hanover, Haverhill, Hebron, Holderness, Landaff, Lebanon, Lincoln, Lisbon, Littleton, Livermore, Lyman, Lyme, Monroe, Orange, Orford, Piermont, Plymouth, Rumney, Sugar Hill, Thornton, Warren, Waterville Valley, Wentworth, Woodstock

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide






### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Hillsborough County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	16.3	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	26.5	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	25.5	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	36.3	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	51.7	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.4	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	17.6	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	20.5	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	65.8	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	9.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	9.9	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	89.6	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	75.9	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	724.3	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	624.5	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.89	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	55.5	56.7	
Low birthweight per 1,000 births (2007)	6.6	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	74.2	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.6	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	483.5	499.8	

# Hillsborough County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	182.8	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	81.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	60.3	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	87.1	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.4	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	27.7	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	83.4	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	11.5	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	100.8	110.2	

**Hillsborough County:** Amherst, Antrim, Bedford, Bennington, Brookline, Deering, Francestown, Goffstown, Greenfield, Greenville, Hancock, Hillsborough, Hollis, Hudson, Litchfield, Lyndeborough, Manchester, Mason, Merrimack, Milford, Mont Vernon, Nashua, New Boston, New Ipswich, Pelham, Peterborough, Sharon, Temple, Weare, Wilton, Windsor

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide





### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.

# Merrimack County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	15	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	30.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	24.3	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	38.3	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	56.1	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.5	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	15.2	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	16.9	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	64.6	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	12.0	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	91.3	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	76.5	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	805.2	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	603.7	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	1.79	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	57.8	56.7	
Low birthweight per 1,000 births (2007)	5.9	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	83.2	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	4.1	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	503.9	499.8	

# Merrimack County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	186.5	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	84.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	60.1	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	89.7	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.6	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	25.7	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	80.8	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	8.4	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	110.9	110.2	

**Merrimack County:** Allenstown, Andover, Boscawen, Bow, Bradford, Canterbury, Chichester, Concord, Danbury, Dunbarton, Epsom, Franklin, Henniker, Hill, Hooksett, Hopkinton, Loudon, New London, Newbury, Northfield, Pembroke, Pittsfield, Salisbury, Sutton, Warner, Webster, Wilmot

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.




# Rockingham County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	14.1	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	30.2	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	26.0	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	38.9	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	53.0	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	6.5	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	16.9	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	11.5	18.4	👍
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	69.4	65.6	👍
No health insurance, percent of adults (2008–2009) <sup>1</sup>	8.1	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	8.3	10.9	👍
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	92.5	88.9	👍
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	75.4	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	621.0	697.3	👍
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	586.6	605.4	👍
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.22	0.78	👍
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	51.5	56.7	👍
Low birthweight per 1,000 births (2007)	6.1	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	55.3	68.3	👍
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.3	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	529.9	499.8	👎

# Rockingham County Regional Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	191.8	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	83.7	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	60.1	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	88.2	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	6.4	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	27.0	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	85.0	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	9.9	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	104.0	110.2	

**Rockingham County:** Atkinson, Auburn, Brentwood, Candia, Chester, Danville, Deerfield, Derry, East Kingston, Epping, Exeter, Fremont, Greenland, Hampstead, Hampton, Hampton Falls, Kensington, Kingston, Londonderry, New Castle, Newfields, Newington, Newmarket, Newton, North Hampton, Northwood, Nottingham, Plaistow, Portsmouth, Raymond, Rye, Salem, Sandown, Seabrook, South Hampton, Stratham, Windham

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

There are several indicators for which the state trend is going in the wrong direction and which warrant attention as well. An asterisk has been placed next to these indicators in this report. Regions should examine how their region fares compared to the state on these indicators. Additionally, there are a number of priorities identified in the 2011 New Hampshire State Health Profile requiring further attention. Regions should consider these priorities, listed below, as they develop health improvement plans

Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:

- Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


# Strafford County Regional Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	19.1	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	28.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	27.9	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	36.7	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	52.4	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	5.0	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	14.9	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	19.5	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	66.8	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	11.3	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	13.3	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	86.7	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	71.1	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	646.0	697.3	👍
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	664.3	605.4	👎
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.37	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	57.5	56.7	
Low birthweight per 1,000 births (2007)	6.7	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	59.9	68.3	👍
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	5.7	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	524.6	499.8	👎

# Strafford County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	196.3	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	79.1	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	56.6	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	87.4	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	7.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	25.9	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	81.9	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	10.2	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003-2007)	121.1	110.2	

**Strafford County:** Barrington, Dover, Durham, Farmington, Lee, Madbury, Middleton, Milton, New Durham, Rochester, Rollinsford, Somersworth, Strafford

### Focus on Health Priorities

For each region, a “thumbs up” is used when the region, city, or county value is statistically different from and compares favorably to the state value. A “thumbs down”, notes areas of concern, when the indicator compares unfavorably with the state value. These are health indicators that the region may want to focus on. But these are not the only health issues of concern.

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide





### Data References:

1. Behavioral Risk Factor Surveillance System, [www.cdc.gov/brfss](http://www.cdc.gov/brfss) or from NH Department of Health and Human Services, Bureau of Public Health Surveillance and Informatics, [www.dhhs.nh.gov/dphs/hsdm](http://www.dhhs.nh.gov/dphs/hsdm)
2. CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.


## Sullivan County Health Profile

# KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
<b>Health Behaviors</b>			
Current smoking, percent of adults (2008–2009) <sup>1</sup>	18.3	16.5	
Fruits and vegetables five or more times per day, percent of adults (2007, 2009)	25.3	28.0	
Obese, percent of adults (2008–2009) <sup>1*</sup>	26.6	25.8	
Overweight, percent of adults (2008–2009) <sup>1</sup>	37.0	37.2	
Moderate or vigorous physical activity, percent of adults (2007, 2009) <sup>1</sup>	53.3	53.5	
Heavy drinking, percent of adults (2008–2009) <sup>1</sup>	4.4	6.0	
Binge drinking, percent of adults (2008–2009) <sup>1</sup>	12.1	16.1	
Teen birth rate per 1,000 females age 15–19 (2008)	41.8	18.4	
Always use seatbelt, percent of adults (2006, 2008) <sup>1</sup>	62.4	65.6	
No health insurance, percent of adults (2008–2009) <sup>1</sup>	14.8	10.8	
Unable to see doctor when needed due to cost, percent of adults (2008–2009) <sup>1</sup>	13.2	10.9	
Have primary care provider, percent of adults (2008–2009) <sup>1</sup>	86.6	88.9	
Flu shot in past year, percent of adults age 65 and older (2008–2009) <sup>1</sup>	77.1	74.9	
Acute ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)*	678.3	697.3	
Chronic ambulatory care sensitive condition hospital discharges, age-adjusted per 100,000 population (2003–2007)	547.6	605.4	
<b>Community and Environment</b>			
Children under 6 years of age with elevated blood lead level, percent among children tested (2009)	0.96	0.78	
<b>Health Outcomes</b>			
Premature death, years of potential life lost before age 75 per 1,000 population (2003–2007)	69.6	56.7	
Low birthweight per 1,000 births (2007)	6.1	6.2	
Substance abuse-related emergency hospital discharges, age-adjusted per 10,000 population (2003–2007)*	94.0	68.3	
Activities limited due to health in at least 14 of previous 30 days, percent of adults (2008–2009) <sup>1</sup>	8.1	5.4	
New cancer diagnoses, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	487.4	499.8	

# Sullivan County Health Profile

## KEY INDICATORS AT-A-GLANCE

Key Indicators	Region	NH	Comparison to State
Cancer deaths, age-adjusted per 100,000 population (2003–2007) <sup>2</sup>	188.1	185.0	
Mammogram in past two years, percent of women age 40 and older (2006, 2008) <sup>1</sup>	78.2	81.0	
Colonoscopy or sigmoidoscopy in past five years, percent of adults age 50 and older (2006, 2008) <sup>1</sup>	54.0	58.2	
<b>Access to Care</b>			
Pap test in past three years, percent of women age 18 and older (2006, 2008) <sup>1*</sup>	86.6	87.1	
Ever told had diabetes, percent of adults (2008–2009) <sup>1</sup>	8.5	7.2	
Ever told blood pressure was high, percent of adults (2007, 2009)*	32.1	27.6	
Cholesterol tested past five years, percent of adults (2007, 2009) <sup>1</sup>	81.4	81.9	
Current asthma, percent (2007, 2009) <sup>1</sup>	9.7	10.2	
Unintentional injury-related emergency hospital discharges, age-adjusted per 1,000 population (2003–2007)	131.1	110.2	

**Sullivan County:** Acworth, Charlestown, Claremont, Cornish, Croydon, Goshen, Grantham, Langdon, Lempster, Newport, Plainfield, Springfield, Sunapee, Unity, Washington

### Focus on Health Priorities

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Health Factors	Health Outcomes
1. Obesity among adults and children and related behaviors (diet and physical activity)	1. Late diagnosis of breast and colorectal cancer
2. Smoking among adults and high school students	2. Asthma
3. Alcohol and illicit drug use	3. Unintentional injuries
4. Seat belt and bike helmet use	4. Youth suicide

### Data References:

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- CDC, National Program of Cancer Registries, <http://apps.nccd.cdc.gov/uscs/>

For indicators with no reference number, the data are from the Division of Public Health Services, Health Statistics and Data Management Section.